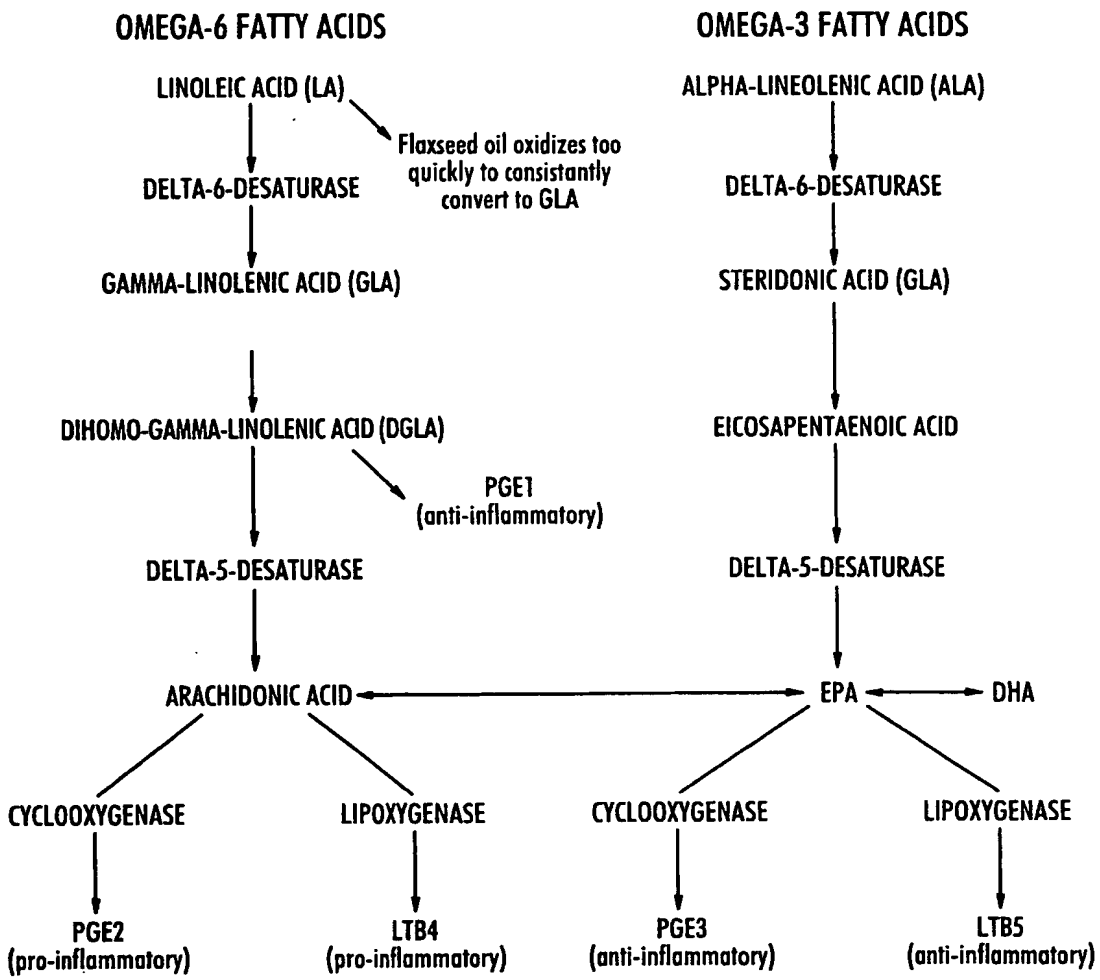
OMEGA-6 FATTY ACIDS
LINOLEIC ACID (LA)
Flaxseed oil oxidizes too quickly to consistantly convert to GLA
DELTA-6-DESATURASE
GAMMA-LINOLENIC ACID (GLA)
DIHOMO-GAMMA-LINOLENIC ACID (DGLA)
PGE1 (anti-inflammatory)
DELTA-5-DESATURASE
ARACHIDONIC ACID
CYCLOOXYGENASE
LIPOXYGENASE
PGE2 (pro-inflammatory)
LTB4 (pro-inflammatory)
OMEGA-3 FATTY ACIDS
ALPHA-LINEOLENIC ACID (ALA)
DELTA-6-DESATURASE
STERIDONIC ACID (GLA)
EICOSAPENTAENOIC ACID
DELTA-5-DESATURASE
EPA
DHA
CYCLOOXYGENASE
LIPOXYGENASE
PGE3 (anti-inflammatory)
LTB5 (anti-inflammatory)

FIG.1